

### **Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### **Listing of Claims:**

1-14. (canceled)

15. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles, comprising:

a moveable bench, including a back-rest, that allows an athlete to do exercises with the back-rest in a horizontal position for stretching and pectoral crosses, a slanted position for pectoral crosses and an up-right position for deltoids and stretching with dumb-bells for triceps; and

an assist mobile system, including of servomechanism arms (servomechanisms) used adapted to hold the weights, (bars and dumb-bells) that with a mechanical, hydraulics hydraulic, electrics electrical or pneumatics pneumatic lift system adapted to lift the arms, and a command device that controls the assist system when activated commands activable through the use of rods, pedals, switches switches or push buttons;

wherein the arms are adapted to lift the weights held by the arms under control of the command device, to assist the athlete without requiring the athlete to get up from or change the position of the bench equipment allows the athlete to pick up and use the weights without changing position of the exercise, a way of limiting efforts which

~~often at the end of an exercise when an athlete is tired can cause inflammation and personal injury, not to mention psychological stress due to muscle strain.~~

16. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to being equipped with an assist mobile system of arms (servomechanisms), that can be positioned near the athlete in the required position allowing the exercise to be carried out correctly wherein the arms are adapted to position the weights with respect to the bench and the exercise to be performed by the athlete.

17. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to having mobile arms that can be operated through wherein the lift system is a pneumatic air compressed system, and the command device includes commanded from push buttons for activation of the lift system and control of the arms.

18. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to having mobile arms that can be operated through wherein the lift system is a mechanical system of levers and pulleys, and the command device includes commanded from pedals for activation of the lift system and control of the arms.

19. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to having mobile arms that can be operated through wherein the lift system is an

electromechanical system, and the command device includes commanded from  
switches switches for activation of the lift system and control of the arms.

20. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles, as claimed in claim 15, characterized to having mobile arms that can be operated through wherein the lift system is an electro-hydraulic system, and the command device includes commanded from rods for activation of the lift system and control of the arms.

21. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles, as claimed in claim 15, characterized to being equipped with mobile wherein the arms equipped of an include a universal bracket system to position the equipment (dumb bells, bars etc); weights and related equipment.

22. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles, as claimed in claim 15, characterized to having the possibility to apply further comprising an electronic switchboard to the commands of servomechanisms, that are able that is adapted to store in memory memorize the different data representing arm positions chosen by the athlete according to the type of exercises to be done, and to lift and position the arms during a later exercise session according to the stored data.

23. (currently amended) Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles, as claimed in claim 15, characterized to

~~being equipped of further comprising an adaptable foot rest of dimensions such adequate to guarantee the support and the lodging of lodge the command device devices that activate the commands and to assure the support of the feet of the athlete during the development of performing the exercise on the bench.~~

24. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to ~~having further comprising~~ side panels for protection to guarantee the safety of ~~forming a barrier to~~ passers-by who could unintentionally come into contact with ~~around~~ the mechanical, hydraulic, electrical or pneumatic parts in movement of the lift system.

25. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15 24, characterized to ~~having wherein the side panels for protection of mechanical parts in movement, that can be used as support for~~ include advertising material.

26. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to ~~allowing the athlete more comfort as he can stay in the ideal position before, during and after the exercise thanks to the movement of the telescopic arms that actually pass the equipment~~ wherein the assist system is adapted to adjust the height of the arms to properly position the weights at the beginning of the exercise and take the equipment in the same position to adjust the height of the arms to properly accept the weights at the end of the exercise.

27. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to ~~allowing the exercises, even with heavy weights to be done wherein the assist system is adapted to lift the weights on the arms into position for use by the athlete on the bench~~ without the help of a second person.

28. (currently amended) Gym work-out equipment ~~for the training of the chest, deltoids, trapeziums and triceps muscles~~, as claimed in claim 15, characterized to ~~guarantee more safety both actively and passively during the exercises thanks to a less manual movement of the equipment wherein the assist system is adapted to lift the weights on the arms into position for use by the athlete on the bench without the manual assistance of the athlete.~~

29. (new) Gym work-out equipment as claimed in claim 23, wherein the command device is disposed on the foot rest.

30. (new) Gym work-out equipment as claimed in claim 26, wherein the height of the arms to properly position the weights at the beginning of the exercise is different than the height of the arms to properly accept the weights at the end of the exercise.